

Tofu Veggie Delight



We are a plant-based household, and try to enjoy cooking as a family as often as we can, despite our busy 2 physician household. In fact, when the Littles are helping us, or feeling productive, they are also safe, being monitored, quietly enjoying, and complain far less! Plus, they are making some (hopefully) fun memories, as are we.

This recipe is a favourite in our home, which is great because, not only is it delicious, it is also highly nutritious. It is fairly easy to be one of your batch cook meals. Some nutrients we monitor our diets closely for are B12, calcium, omega 3, protein, and iron, and try to eat a variety of foods daily to ensure adequate macro and micronutrients. This meal has so many sources of all but the B12, that it is a nutritional boost in our days!

Serves:

Batch cooking for family of 4 last 3-4 meals.

Ingredients:

700g of tofu

900g Bok Choy

450g Broccoli

500g Mushrooms

450g Kale

Spring onions for garnish

360g buckwheat soba noodles or quinoa

4 tablespoons canola oil

2 tablespoons olive oil

Marinade (which can be used as sauce to cook the stir fry in also):

1/2 cup natural unsweetened peanut butter

1/2 cup tahini

2 tablespoons low sodium soy sauce or tamari

1 tablespoon corn starch

1 tablespoon rice vinegar

2 tablespoons maple syrup

4 tablespoons warm water

Equipment:

Wok, Frying pan, Pot

Preparation:

- 1) Wrap the tofu in a clean dry cloth, and place it to the side as you prep the rest of the ingredients, ideally placing a textbook or other heavy object on top to provide some pressure. This helps to fry the tofu, making for more delicious results!
- 2) Wash and chop the vegetables. Remember to store the stems in the freezer for future vegetable stock!
- 3) Slice the mushrooms.
- 4) Boil water for the noodles/prepare quinoa simultaneously for maximal efficiency. Remember to take the noodles out once cooked and add cold water to prevent further cooking (or it will become overcooked mush!).
- 5) Prepare the marinade/sauce by mixing all the ingredients in a bowl.
- 6) Break the tofu into pieces (or cut into cubes) and add to marinade. Mix together, covering all the tofu bits. Marinade for 30 minutes.
- 7) In a wok, add 1 tablespoon of canola oil per vegetable as you cook each separately. On high heat, cook each vegetable for 5 minutes, so it is cooked but still crispy. If you have some additional marinade/sauce, add to your stir fry. Note, you can decide however long you'd like to cook to your/your child's preference and choking safety, depending on age.
- 8) Prepare the frying pan, add 1 tablespoon of olive oil and fry half the batch of tofu on medium heat. 4 minutes per side, or until golden brown. Repeat for the other half.

Serve according to preference and safety. Better yet, let your kids help set the table/serve themselves as developmentally appropriate. And of course, most importantly, enjoy!

Infant plate:



Toddler plate:



Adult plate (top of page and below):



Hope you enjoy this meal as much as we do! If you do try it out, I'd love to hear your thoughts!

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